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## BACTERIAL EPIDIDYMITIS

### Bacterial epididymitis:

- **Signs/Symptoms:**
  - o Testicular pain/tenderness
  - o Unilateral testicular swelling
  - o Fever/chills
  - o Urinary urgency, frequency, and/or pain with urination
- **Causes:**
  - o Bacterial from a urinary tract infection
    - Likely the cause in men over the age of 35 and whom are a low risk for STIs.
  - o Trauma
  - o Autoimmune Diseases
  - o Sexually transmitted infections (STIs)
    - STIs: gonorrhea or trichomoniasis are common causes of epididymitis in men under the age of 35 year old.
      - Risk factors: sexual relations outside of a monogamous relationship.
      - Men who practice insertive anal intercourse.
- **How it is diagnosed:**
  - o History and physical exam
  - o Scrotal ultrasound: will reveal epididymitis and/or other abnormalities (not all cases require an ultrasound for diagnosis)
  - o Urinalysis may be abnormal/appear infected
- **Treatment:**
  - o Antibiotics, symptoms should start to improve in 48-72 hrs after beginning antibiotics
    - Typically treated with oral antibiotics for ~10days
      - If patient is seriously ill may require hospitalization and IV antibiotics
  - o Good scrotal support
  - o Anti-inflammatory such as ibuprofen 600 mg 3 times daily or naproxen 220 mg twice daily taken with food or a proton pump inhibitor to help prevent GI upset or the possibility of GI ulcer/bleed. Treatment course 7 to 14-days depending on the severity of symptoms
  - o Ice and elevation,
    - For ice 10-15 minutes a few times per day for 1-2 days

**If your symptoms to not improve, please contact your healthcare provider for further evaluation.**

Please do not hesitate to contact our office with questions or concerns.

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